

2021/22

	Under 6	Under 7	Under 8	Under 9	Under 10	Under 11	Under 12	Under 13	Under 14	Under 15/16
Program A	300m On Track / MO Long Jump Discus	70m 300m On Track / MO Long Jump Discus	70m 400m High Jump Vortex	70m 400m Long Jump SP(G) / Vtx(B)	70m 400m High Jump Vortex	70m 400m 1500m Long Jump Discus	70m 400m 1500m TJ(G) / LJ(B) SP(G) / Dis(B)	70m 400m 1500m Triple Jump Dis(G) / SP(B)	70m 400m 1500m HJ(G) / TJ(B) Discus	70m 400m 1500m High Jump Shot Put
Program B	8.00am Start for Under 12 to Under 16 Walk						1500m Walk	1500m Walk	1500m Walk	1500m Walk
	70m On Track / MO Shot Put Discus	70m On Track / MO 60m Hurdles Shot Put Discus	70m 200m 60m Hurdles 700m Walk SP(G) / Dis(B)	100m 200m 700m Walk High Jump Vtx(G) / Dis(B)	100m 200m 1100m Walk Shot Put	100m 200m 1100m Walk Triple Jump Jav(G) / SP(B)	100m 200m LJ(G) / HJ(B) Jav(G) / SP(B)	100m 200m Hurdles Long Jump SP(G) / Jav(B)	100m 200m Hurdles TJ(G) / LJ(B) Shot Put	100m 300m Hurdles Long Jump Javelin
Program C	100m On Track / MO Long Jump Shot Put	100m On Track / MO 200m Long Jump Shot Put	100m 600m Long Jump Dis(G) / SP(B)	100m 60m Hurdles 800m Dis(G) / SP(B)	100m 60m Hurdles 800m Long Jump Discus	100m 80m Hurdles 800m High Jump SP(G) / Jav(B)	100m 80m Hurdles 800m HJ(G) / TJ(B) Dis(G) / Jav(B)	100m 80m Hurdles 200m 800m High Jump Jav(G) / Dis(B)	100m 80m/90m Hurdles 200m 800m LJ(G) / HJ(B) Javelin	100m 90m/100m Hurdles 200m 800m Triple Jump Discus